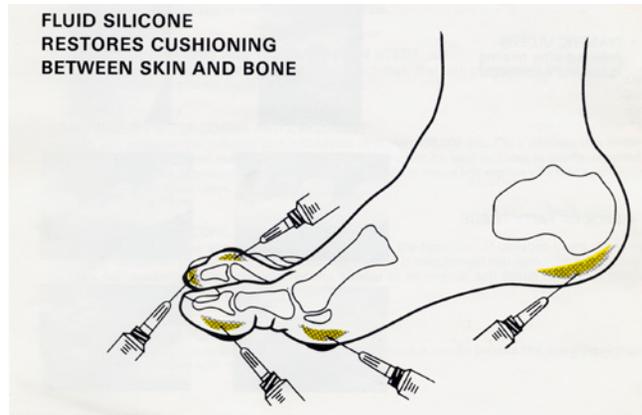
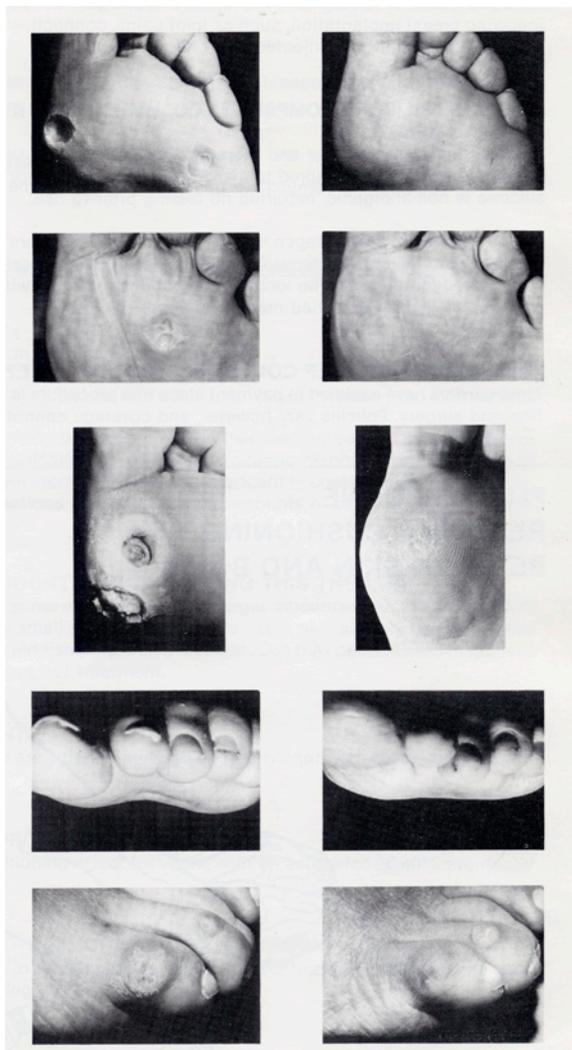


CUSHION THOSE CORNS AND CALLUSES



These pictures show the before and after results utilizing the injectable implanted fluid.



OVER THE PAST year, I have been treating corns and calluses with a cushioning fluid that is injected under the calloused tissue. This fluid can be used to treat: corns, calluses, scar tissue, and lack of adequate fat padding. I have additionally adapted this technique to help prevent diabetic foot ulcerations.

Calluses are caused by friction and pressure. Considering that we will walk over 100,000 miles in our lifetime, it is understandable why our tissues wear down. Also, due to deformities like hammertoes or bone spurs, calluses can develop as a reaction to rubbing friction when the foot is placed in a poorly fitted shoe. In some people, for varying reasons the foot fails to naturally provide sufficient fat protection against friction. This condition can lead to a never-ending cycle of corn and callus re-growth and the potential development of foot ulcers. Foot ulceration, especially in diabetics may become a chronic problem and needs to be prevented at all costs.

The way the implanted fluid works is that it combines with the natural tissue and induces the formation of collagen fibers, which are the main supportive framework of skin and other tissues. The fluid that is injected remains at or near the points causing painful pressure. The properly placed fluid now serves as an internal cushion. In effect, it now replaces and/or augments the original fat protective layers.

The treatment is minimally painful. A skin freezing agent is sprayed on the site and local anesthesia is injected. After the area is completely numb, the cushioning fluid is injected under the painful calloused area. Generally speaking, patients will return weekly for two or three visits. During these visits, additional fluid will be implanted until the desired result is achieved. A small percentage of patients will require future booster implants. I have seen an 80% to 90% effective rate with my patients. Their painful corns and calluses are either eliminated or greatly improved. Results of this technique can last for several years. This method of treatment is not covered by insurance companies since it is considered cosmetic.

The diagram (top left column) shows the common areas where the implant restores the cushioning between the skin and the bone.

This technique is both a wonderful alternative to surgery and a time and money saving solution from repetitive office visits that only provide temporary relief.

Ivar E. Roth DPM/MPH is the only Podiatrist in Southern California to have been master certified for this subtalar arthroeresis procedure. Dr. Roth is located at 351 Hospital Road Suite #407 in Tower One of the Newport Lido Medical Bldg. Call 949-650-1147 for an appointment. Courtesy Valet parking is provided to all his patients. 

